



# DAVIS COUNTY HEALTH DEPARTMENT

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## News Release

### Women, Infants, and Children Program Helps Residents Get Healthy

(Farmington, Utah) – The Davis County Health Department’s Women, Infants, and Children (WIC) program continues to help Davis County residents get healthy.

WIC provides a variety of services to qualified residents of the county. WIC services are provided to children under 5, pregnant women, breastfeeding women, and women who have recently given birth or adopted. According to Marcie Johnson, WIC/Clinical Services Bureau manager for the county’s health department, “The services include nutrition counseling, breastfeeding instruction and support, infant feeding, prenatal classes, and food vouchers.”

Eligibility is based on income and nutrition risk. WIC services are free of charge. For potential clients to participate in the Davis County WIC program, they must live in Davis County and their income must be less than:

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(July 1, 2005 to June 30, 2006)

Family Size	Monthly (Gross)	Yearly (Gross)
1	\$1,476	\$17,705
2	\$1,978	\$23,736
3	\$2,481	\$29,767
4	\$2,984	\$35,798
5	\$3,486	\$41,829
6	\$3,989	\$47,860
7	\$4,491	\$53,891
8	\$4,994	\$59,922

“WIC is a federally funded supplemental nutrition program for qualifying women and children,” Johnson said. “Every July, the federal government adjusts the program’s income guidelines.” These current income guidelines run through the end of June 2006, she continued.

The WIC program provides participating mothers with a variety of nutrition education classes each month. Upcoming classes include:

- Goal Setting – February
- Fitness For Families – March and April
- Grow Your Own Garden – May and June
- Iron In, Anemia Out – July and August
- What’s on T.V. – September and October
- 5 A Day – November and December

For more information about the health department’s WIC program, call the Woods Cross office at 292-7803 or the Layton office at 546-6924. Clients are seen by appointment only.

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